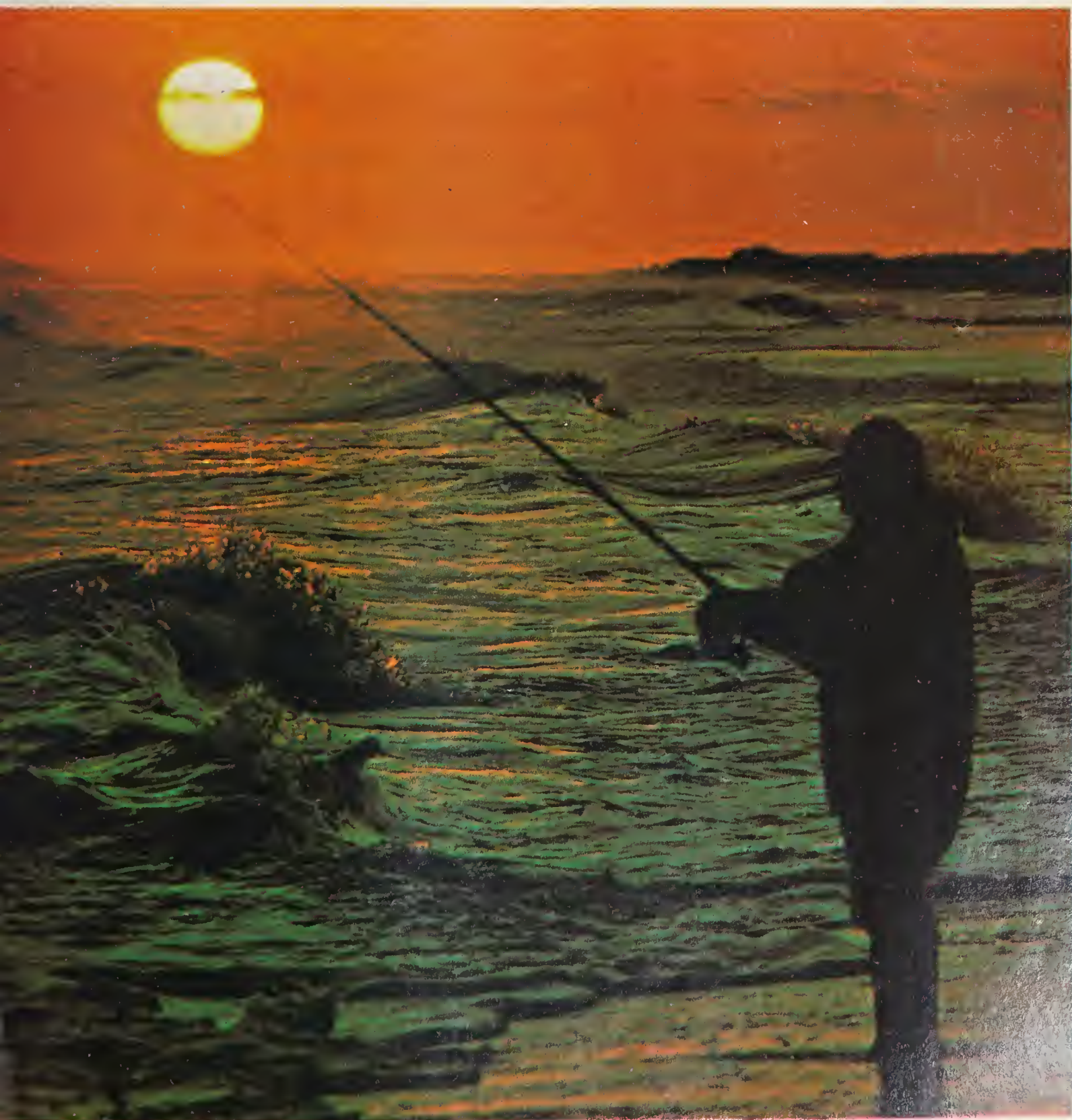


Carolina Country

May 1976



Do you know the answers to these important questions?

WHAT SIZE ELECTRIC MOTOR IS BEST FOR BULK CURING TOBACCO?

It depends on the system you use. Powell's balanced Bulk Curing System requires only a 5-Horsepower, low-amp electric motor. Some other makes 7½ or 10-horsepower motors.

WILL A 5-HORSEPOWER MOTOR PROVIDE ENOUGH AIR?

With Powell's System, it will! In fact, Powell's proven Bulk Curing System has cured approximately 600,000,000 pounds (300,000 tons!) of quality leaf.

BUT WON'T A 7½ Hp. or 10 Hp. MOTOR GIVE MORE AIR?

Not always. The furnace, the kind of fan and the motor must be matched to each other. Powell uses a squirrel-cage fan — the most efficient means of moving air for curing tobacco with an adjustable air flow feature. Exclusive automatic humidity controls available.

Powell's Bulk Curing System is designed to cure leaf fast, with maximum efficiency, at lowest cost. Here's more proof that it does just that. Compare these curing cost figures — they're based on actual farm records!



	POWELL BARN	BARN "B"	BARN "C"
TOTAL FUEL & ELECTRICITY COSTS PER POUND OF LEAF CURED BASED ON 35¢ per Gallon for Gas, 5¢ per Kilowatt Hour for Electricity.	3.436¢ per lb.	6.488¢ per lb.	7.502¢ per lb.
TOTAL FUEL & ELECTRICITY COSTS PER CURE	\$103.08 per cure	\$194.64 per cure	\$225.06 per cure
TOTAL FUEL & ELECTRICITY COSTS PER BARN PER SEASON 6 cures × 3,000 lbs. ea. = 18,000 lbs. cured.	\$618.48 per barn	\$1,167.84 per barn	\$1,350.36 per barn

Above are comparative figures on Powell Bulk Barns and two other brands. With good management, most growers can expect similar savings from Powell's efficient bulk curing system.

The savings Powell offers are real.
And available to you this crop.
Ask your Powell Dealer for details,
or clip & mail coupon today!

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P. O. Drawer 707 Dept. CC-761
Bennettsville, S. C. 29512

- () Send free TOBACCO MECHANIZATION Brochure.
- () Send name of nearest Powell Dealer.
- () Have Powell Representative contact me.

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Route: _____
Post Office: _____ Zip: _____

Pointless Paperwork

Official Publication
North Carolina Electric
Membership Corporation

Robert N. Cleveland
General Manager & Executive Vice President

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Raleigh, N.C. 27604

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With the federal income tax deadline only a few weeks past, we can take a very personal interest in the growing burden placed on American taxpayers by the tremendous volume of paperwork now stemming from the federal government.

Figures compiled by the Library of Congress show that the total cost of governmental paperwork is about \$40 billion annually. Government spends about \$20 billion to print and process 10,000 different forms and reports that cost citizens an equal amount to fill out and handle.

Our burdgeoning federal bureaucracy now includes 1,000 programs employing three million people. Each year, this bureaucracy generates three billion pieces of mail.

In addition, the mountain of reports, studies, handbooks and various other materials now being printed by government agencies would suggest that the academic credo of "publish or perish" has been adopted by the bureaucrats. Or, perhaps it's just the tendency to keep up with the bureaucratic Joneses at work.

The extent of the paperwork problem was humorously reflected in a letter distributed to members of a government employees' organization in Washington last year. The group was seeking entries for its annual award recognizing the employee who had come up with the best idea for reducing wasteful government paperwork. The letter explained the rules of the competition and the manner in which the entries were to be submitted. Because of new procedures for the contest, it added, entries must be submitted with six duplicates, rather than the four previously required.

This incident illustrates how difficult it is to overcome the multiple-copy mentality which is nourished by government, business, industry and education in an era when few offices are considered complete without a copy machine.

Fortunately, Congress is aware of the problem. In fact, it has appointed a 14-member Commission on Federal Paperwork to study the matter. The commission began hearings on the issue in March and will continue holding them at various locations across the country through November.

Meanwhile, the commission is seeking ideas from anyone who might suggest practical ways of reducing the burden of governmental paperwork. If you'd like to offer a suggestion, write to the commission at 1111 20th St., N.W., Suite 200, Washington, D.C. 20036.

Obviously, the commission has its hands full in trying to attack this problem on the federal level. But its most difficult challenge may come when its task is nearing completion and it must overcome the temptation of adding its own contributions to the national repository of pointless paperwork.

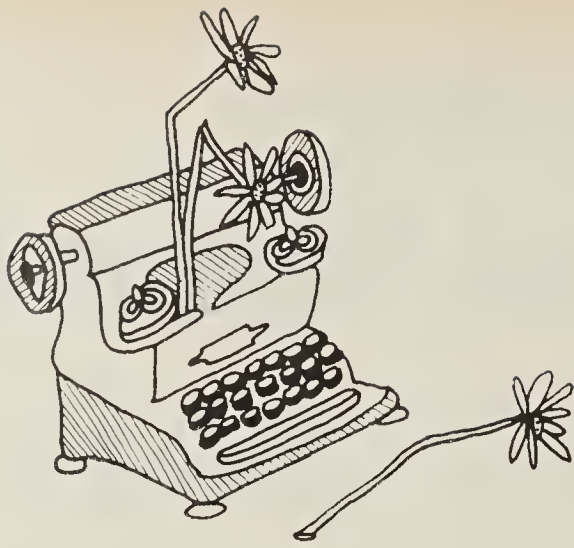
COVER— Another day of fishing is drawing to a close for this fisherman at Ocracoke. The photo was taken by Joel Arrington, a writer-photographer for the Travel Department Section of the N.C. Department of Natural and Economic Resources. Arrington also wrote the story on spring fishing in North Carolina which appears on Pages 6-7.

In This Issue . . .

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rural electric Notebook

A REVERSAL FOR CP&L

The Federal Power Commission reversed itself last month in allowing Carolina Power and Light Co. to increase its rates to wholesale customers by a full 35 per cent effective May 1. Earlier, the federal agency had delayed the effective date for the new rates by two months and required the power company to refile at a lower level.

At issue in the proceeding were some accounting procedures involving tax expenses that had been included in CP&L's original cost calculations. The power company argued the procedures were proper and the level of rates should be allowed to stand.

In an order issued April 8, the FPC allowed the full rate hike to go into effect as originally filed by CP&L.

The increase comes on top of a 60 per cent increase in rates for CP&L wholesale customers which went into effect in January, 1975. Both increases are subject to refund should the FPC decide later that the rates are too high.

The rates affect 18 Electric Membership Corporations and 24

municipal electric systems across the state.

CITIES SEEK GENERATION

A group of 16 municipal electric systems in Northeastern North Carolina have organized a Municipal Power Agency for the purpose of building a generating plant to provide about 15 per cent of their power supply needs during periods of peak power use.

All of the systems in the agency buy wholesale power from Virginia Electric and Power Co. The group may eventually consider buying a generating plant from Vepco, but no specific plant is now under discussion.

CO-OP POWER SALES RISE

Energy sales by electric cooperatives nationwide reached a record high of 110 billion KWH during 1975, according to the publication "Electrical World."

The 1975 sales represented a 4.1 per cent increase over sales for 1974, which showed a 10.3 per cent gain.

Average KWH use per customer rose only slightly from 13,590 in 1974 to 13,680 in 1975.

HOSPITAL MONEY!

AVAILABLE TO NORTH CAROLINA RURAL ELECTRIC MEMBERS

**MAY
ENROLLMENT**

Designed to use the buying power of millions of Rural Electric Members to assure dependable hospital protection at low GROUP Rates. You **can** choose the **Number One Plan** to help cover hospital

costs **NOW**. But you **can't** "pick and choose" when you will go to the hospital. (Accidents and illnesses strike without warning.)

NO OTHER HOSPITAL PLAN . . . has ever been so widely introduced to the members of so many Rural Electric Cooperatives. It represents an expression of their concern for the health and welfare of their members

DEPENDABLE **HONESTLY DESCRIBED** The "CO-OP INSURANCE FUND" (C.I.F.) Hospital Protection provides: High Benefits. GROUP Rates to members. Fair and prompt claims service. It's the first and only Group Hospital Plan especially developed for Rural Electric cooperative members.

Our Insurance Company is a reliable Old Line Legal Reserve Company headquartered in Kansas City that has been serving the needs of Rural Americans for almost a Quarter Century—Licensed in **NORTH CAROLINA**

Now you can "CO-OP" YOUR HOSPITAL BILLS . . . through the "CO-OP INSURANCE FUND." For most rural residents this plan

provides their first opportunity to belong to an "Insurance Group" . . . and buy group protection at low group rates.

The Plan itself is not new. C.I.F. has spent over five years to fully develop the program. RURAL LEADERS helped in its design and development . . . men such as ORVILLE L. FREEMAN (former U.S. SECRETARY OF AGRICULTURE and Governor of Minnesota), CLYDE T. ELLIS (for 25 Years Manager of NATIONAL RURAL ELECTRIC COOPERATIVE ASSOCIATION)

HERE ARE SOME OF THE PLAN'S VALUABLE HIGHLIGHTS:

HIGH PAYMENTS!

- Pays \$50.00 CASH for EVERY DAY in the Hospital.**
- **One Week in the Hospital** \$ 350
 - **One Month** \$ 1,500
 - **One Year** \$18,200
 - **PLUS — If Accidental Death Takes Place —**
Pays 100 TIMES The Daily Benefits \$ 5,000

THREE (3) MORE REASONS:

1. The **ONLY** time you can buy Hospital Protection is **BEFORE** you need it.
2. This year hospital costs are averaging \$128 per day (American Hospital Association).
3. **NO ONE CAN AFFORD TO TAKE A CHANCE ON HAVING THEIR SAVINGS (or what you own) WIPED OUT!**

FOUR (4) REASONS YOU NEED THE C.I.F. PLAN:

1. Pays for one whole year (365 days).
2. **PAYS IN ADDITION TO:**
 - (a) Other Insurance you may already have.
 - (b) Workmen's Compensation.
 - (c) Veteran's Hospitalization.
3. **NO AGE LIMIT** to apply.
4. Pays beginning **THE VERY FIRST DAY** in the hospital.

Consider These Facts:

- One person in every third family will go to the hospital this year. **ALMOST EVERYONE** will go to the hospital sooner or later.
- **YOU CAN'T BE CANCELLED** — so long as you pay your premium and the group policy remains in force (no matter how many times you go to the hospital — regardless of how many thousands of dollars you may collect in claims).
- **NO Hospital Plan** pays for everything (lost pay, food, school, clothing, etc.). **YOU NEED EXTRA CASH.**

COMPARE

To protect your pocketbook — **AND** — to protect yourself — **COMPARE!** The CIF Hospital Income Plan offers. **LOW GROUP** cost. You **PAY NO MONEY** until your policy/certificate is in your hands. **HIGH** daily benefits. **100 TIMES** daily benefits for Accidental Death. Starts paying **FIRST DAY** in hospital. We sincerely believe this combination of superior benefits provides more honest protection at less cost — and is **UNMATCHED** by any other similar plan.

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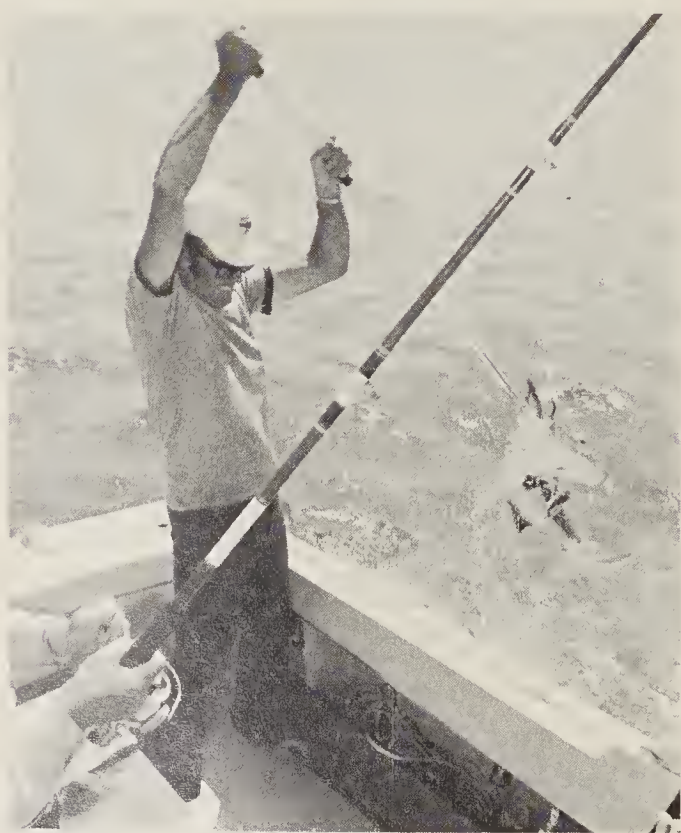
Male? Age _____

Female? Age _____

Children? _____

FOR ALL AGES

NO AGENT WILL EVER CONTACT YOU



Above, a lone fisherman casts for Hickory Shad near Grifton. Below, a guide gaffs a Cobia for an angler in Pamlico Sound near Hatteras Inlet.

The North Carolina Saltwater Fishing Tournament adds an added challenge to anglers who fish the Tar Heel State this spring.

Now in its third year, the state-sponsored contest awards citations for 24 fish species which surpass minimum qualifying weights. Over 1,100 awards were made in 1975, including wall plaques for the largest fish in each species.

But a citation on the wall is only one possible reward resulting from a spring fishing trip in North Carolina.

After a break during March for stocking, trout and fishermen will be outsmarting each other on the more than 1,800 miles of trout streams in the western part of the state. Rainbow, brown and brook trout are stocked on some streams to supplement wild populations. Regulations restrict fishing to flies only in some waters, artificial lures only in others, but most of these mountain streams may be fished with bait.

In spring, mountain lakes produce largemouth bass, smallmouth bass, walleyes, several species of panfish as well as white bass. April and May are good months for all these and for trout in those lakes which have them, such as Cheoah. Rental boats, motors and guide services are available on several mountain lakes, including Fontana and Santeetlah. Lake Chatuge, southwest of Hayesville, is often excellent in March and April for largemouth and smallmouth bass and for crappie.

Mid-state impoundments attract anglers in spring for largemouth bass and panfish. Fishing at the mouth of the Uwharrie River on Lake Tillery for white bass is often productive during the spring run.

In the Old North State

The Fishin's Great!

Text and photos provided by
Travel Development Commission,
N.C. Department of Natural and Economic Resources

Kerr Lake, north of Henderson, is regarded as perhaps the most productive impoundment in the state for largemouth bass. It also has a population of landlocked stripers. Largemouths are caught in spring off points and around submerged brush in shallow water. The western end of the lake is good for stripers during their spawning run up the Dan River.

Albemarle Sound has the second largest population of striped bass in the eastern U.S., after Chesapeake Bay. In April and May, about the time the dogwoods blossom, mature fish ascend tributaries to the sound for annual spawning rites. The Roanoke is the principal river offering suitable spawning conditions. A hatchery ateldon has been in operation since before the turn of the century. A ramp near the hatchery is convenient to the primary spawning stretch.

From the middle of February through late April, the Cape Fear and Neuse rivers are choice for shad. The larger American or white shad use the Cape Fear, while mostly hickory shad use the Neuse and its tributaries near Grifton, northeast of Kinston. Pitchkettle and Contentnea creeks are the prime fishing waters. No rental boats are available, but launch ramps are conveniently located.

About 2,000 square miles of brackish sounds within the state offer a quantity and quality of fishing that is difficult to match. Currituck Sound, practically fresh and little affected by tides, hosted a major national bass fishing tournament last fall. Here is 120 square miles of grass and grass where a flyrod is consistently (but not always) the best tackle choice. Guides and lodges cater to fishermen and launch ramps are scattered along the western shore.

Albemarle Sound stretches south and west of Currituck and merges with Croatan Sound. All of this water is good for striped bass in spring. A marina and fleet of charter boats at Manns Harbor is used by anglers from far and near.

Pamlico Sound extends farther southward and in spring serves up channel bass to over 50 pounds, cobia to over 90, bluefish and flounder (fluke) near the inlets through the Outer Banks, and gray trout (weakfish) in deep holes and around islands.

At Cape Lookout, the banks swing back to the mainland and barrier islands form a series of narrow sounds southward to the South Carolina state line. The islands are broken by inlets which serve as doorways to the Atlantic for pleasure craft and commercial vessels.

From the beaches in spring are caught channel bass (red drum), little tunny (false albacore), and whiting (sea mullet). Just use the name you are familiar with. There are also bluefish to over 20 pounds, Spanish mackerel in dense schools, and king mackerel over 40 pounds.

Surf fishing guides at Nags Head and Buxton on the Outer Banks may be hired for \$85 to \$100 per day for up to four anglers. They furnish the beach vehicle, tackle, bait or lures and more expertise than you are likely to gather in several trips.

Beginning in April, charter fleets from Oregon Inlet to Shallotte cater to parties for both inshore, inlet and offshore fishing. May and June are the most productive months for blue marlin. There has been a blue weighting over 1,000 pounds caught in each of the last two years, shattering world records.

Jack Herrington of Allison Park, Pa., still holds the record for landing the largest blue ever taken on hook and line in the Atlantic. It was a 1,142-pounder, which was caught out of Oregon Inlet.



**Trout Fishing at Harpers Creek
near Linville.**

Did you know that in the late 1400's Scottish soldiers were so taken with the game of golf that they ignored their archery practice and kings sought to ban the game?

This is a fact you can learn in the World Golf Hall of Fame at Pinehurst.

Another fact is that North Carolina is known as "Golf State U.S.A."

The late O. B. Keeler, called by many the most knowledgeable golf journalist the game has ever known, commented after a playing tour of North Carolina:

"Geographically, topographically, climatically — North Carolina appears to have been designed as a golfing state by St. Andrew himself."

More golf "curses" per square mile than any place else is what one pundit wrote and the typographical error may hold true depending upon one's game. But the fact is that, laced throughout North Carolina are more than 330 golf courses.

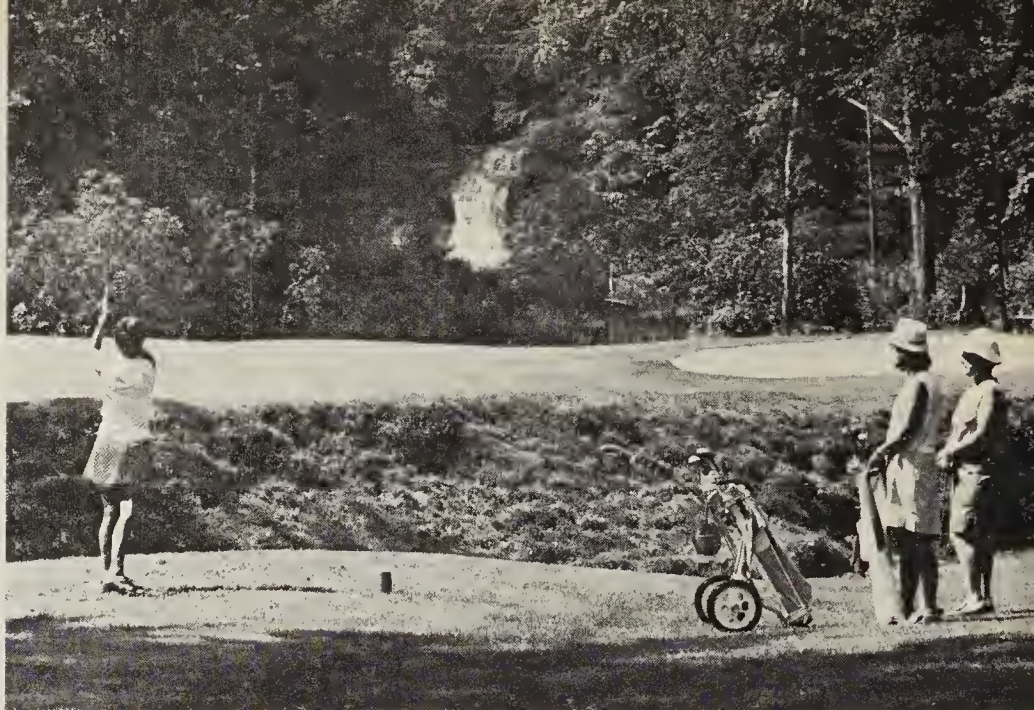
The state offers nearly every possible terrain to test the golfer's skill. One may select an emerald bowl high in the Blue Ridge or Great Smoky Mountains, wallop along the broad sounds and storied beaches of the Atlantic, or play the game over the great sweep of rolling, pine-forested countryside which lies between the coastal and mountain regions.

Because of its benign climate, there is no season of the year when golf is not being played somewhere in North Carolina. In fact, if daylight illuminates any part of the state and if any part is free of inclement weather, the chances are better than ever there are golfers in the rough and golf balls in the air.

No location for golf is more famous than the Sandhills area in the Piedmont. The focal point of golf in the Tar Heel state is Pinehurst-Southern Pines.

Pinehurst Country Club boasts five 18-hole courses, and in the height of the season it is not unusual for a thousand rounds to be played here daily.

Championship courses are plentiful throughout the Sandhills area. Names like Mid-pines, Whispering Pines, Pine Needles, Foxfire, Caro-



A GOLFER'S PARADISE

lina Trace, Lake Surf, Seven Lakes, and Hyland Hills are just a few of the layouts that test a golfer's skill. As a matter of record there are within a 15-mile radius a total of 24 championship courses.

Another famous course in the Piedmont is Tanglewood at Clemmons near Winston-Salem. This was the site of the 1974 PGA National Championship and is also famous as a recreational complex.

If any area can rival the Sandhills as the State's golf capital, it is the mile-high mountain country of western North Carolina. Here are the highest mountains in Eastern America and golf is a big part of the travel opportunities found here.

Favorite golf areas are Boone-Blowing Rock and Linville-Banner Elk in the northern mountain region. Here are Beech Mountain Golf Club, Sugar Hollow Golf Course, Seven Devils, Blowing Rock Country Club, Boone Golf Club, Linville Golf Club and Mountain Glen at Newland.

Asheville is the capital city of the mountains and a good base for golf in the area. Popular courses are Beaver Lake Golf Course, Great Smokies Hilton Golf Course and Municipal Golf Course at Asheville. Nearby is Springdale Country Club at Canton, Waynesville Country Club at Waynesville and Maggie Valley Country Club at Maggie Valley.

Also near Asheville are Etowah Valley Golf Club near Hendersonville, Wolf Laurel Golf Course at

Mars Hill, Mount Mitchell Golf Course near Burnsville, Black Mountain Golf Course and Crooked Creek Golf Course at Hendersonville along with The Mountains at Lake Lure.

The southern part of the mountains have such courses as High Hampton Inn and Country Club at Cashiers and Lake Toxaway.

North Carolina's historic Outer Banks offer such courses as Sea Scape, carved out of high dunes in a typically Scottish pattern, and Duck Woods, another interesting test of golfing skill.

The Morehead City-Beaufort-Atlantic Beach area boasts Pine Knoll Shores golf club.

The port city of Wilmington offers a combination of history and beaches to go along with golf. Courses in the area are Duck Haven Country Club, Wilmington Golf Course, Oak Island Golf and Country Club, Boiling Springs Lakes Golf and Country Club and Carolina Beach Golf Center, Inc.

Be you amateur or professional, there is a golf course to challenge your game in North Carolina.

After all, the state may have been "designed by St. Andrew himself" just for golfers.

Story and photo provided by Travel Department Section, N.C. Department of Natural and Economic Resources.

IF WE PUT LIMITS ON AMERICA'S ENERGY PRODUCTION TODAY, TWENTY YEARS FROM NOW EVERYBODY WILL SUFFER. EXCEPT THE VERY RICH.

A national energy crisis looms over our country. But Americans are spoiled. We have come to expect quick and easy answers to our problems. "Somebody will think of something," we keep telling ourselves.

However, there is no magic to bail us out. And no matter how much we wish, hope or pray, the problem will not go away.

But one thing is certain. We cannot ask millions of Americans to give up their goals and dreams just because we suddenly do not produce enough energy to provide employment. Or because we have planned so poorly that only the wealthiest among us will be able to afford a decent standard of living.

High unemployment leads to social and political unrest. It also leads to federal deficit spending. Other nations have already learned this lesson. And it's the reason for the emphasis on nuclear energy development in such countries as France and Japan.

Here in America, as our supplies of oil and natural gas dwindle, we will become dependent on coal and nuclear fission for virtually all of our increased energy demands.

In fact, many people believe if we did not have nuclear energy available to us, our country would be in critical danger, even if we succeed in tripling coal production by the end of this century.

Of course, there are no easy solutions. But we are convinced that nuclear energy is presently the most feasible, because it is one of the cleanest, cheapest and most reliable sources with the least environmental impact of any significant option.

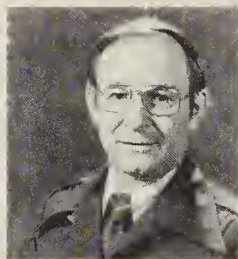
Certainly, all of us must continue to conserve energy. But even more important, electric co-ops all over America must look for new ways to secure and manage their own source of power. And, as in the past, we must do it at prices everybody can afford.

**NORTH CAROLINA
ELECTRIC MEMBERSHIP CORPORATION**



People

Dr. Donald L. Stormer, who has served as statewide 4-H leader in Texas for the past six years, has been appointed to a comparable position for North Carolina's 4-H program. The 43-year-old Michigan native will assume his new post June 1, succeeding **Dr. Chester Black**, who has been placed in charge of county operations for the N.C. Agricultural Extension Service. The state's 4-H program involves 90,000 youngsters and 10,000 volunteer leaders.



Dr. Marvin L. Speck of N.C. State University has been given the Distinguished Service Award from the North Carolina Dairy Products Association for his work in developing a new dairy product known as Sweet Acidophilus Milk.

Ruby L. Murchison, North Carolina's Teacher of the Year, has been named National Teacher of the Year. She is a veteran of 22 years in the classroom and teaches seventh grade at Washington Drive Junior High School of Fayetteville.

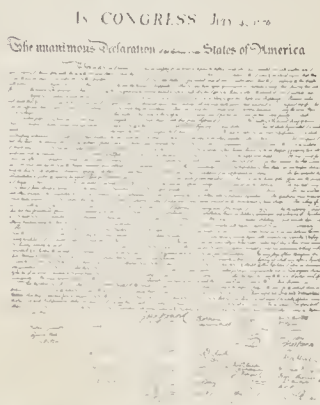
Charles R. Tolley, acting manager of French Broad Electric Membership Corporation, has been named permanent manager of the cooperative. A native of Madison County, he joined the EMC as engineer in June, 1974, and was appointed acting manager last August.

Lee Gets National Post

Noel Lee, Jr. of Rt. 3, Washington, a director of Edgecombe-Martin County EMC, has been elected to serve his sixth term as North Carolina's representative on the board of directors of the National Rural Electric Cooperative Association. Lee, who has been on the national board since 1972, was elected at the N.C. EMC Annual Meeting in March.



Declaration of Independence



An authentic reproduction of the document which marked the beginning of independence for the United States 200 years ago! In this Bicentennial year, you can have your own reproduction of the historic document, printed just as it was written in 1776.

Available in two sizes: 17 x 22 inches, \$2; and 11 x 14 inches, suitable for framing, \$1.50. Prices include sales tax and handling costs.

Declaration of Independence,
Fleetwood, N.C. 28626

Special Offer

Jewelry, Household items, OR Cash for selling on Trust. Only 6 boxes famous Rosebud Salve, 6 boxes Tholene menthol Solve, 6 bottles Vivian Perfume (Myrrh), OR 6 bottles Bouquet No. 3 Perfume (Josmin) at 85¢ each (Total \$5.10). Orders shipped promptly. Company founded 1895.

Rosebud Perfume Co. Box CC-56

Woodsboro, Maryland 21798

WHITTILIN'S

- The 1976 Miss North Carolina Pageant will be held at the Winston-Salem Memorial Coliseum, June 9-12. Ticket information may be obtained by writing Alvin R. Tyndall, Executive Director, Miss North Carolina Pageant, P.O. Box 2955, Winston-Salem, N.C. 27102.

- The National Institute on Cooperative Education will be held July 26-29 at Virginia Polytechnic Institute and State University in Blacksburg, Va.. Its theme is "Cooperatives — Committed to America's Future." The week-long program features conferences and seminars on the cooperative movement for men, women and young people. For additional information on the Institute, write to: American Institute of Cooperation, 1129 20th St., N.W., Washington, D.C. 20036.

Order Subscriptions Now!!

Because of rising costs, the price of individual subscriptions to *Carolina Country* will be raised to \$1.50 a year beginning July 1. However, subscription orders postmarked prior to July 1 will be processed at the current rate of \$1.

Send orders to: Subscription Department, *Carolina Country*, P.O. Box 27306, Raleigh, N.C. 27611.

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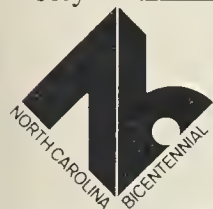
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CC-5-76

By Jane Carroll McRae

Many of the "left out" children of Northwestern North Carolina are no longer missing out on pre-school educational experiences simply because they were left out of established kindergarten and Head Start programs.

In fact, they are being singled out for special at-home learning

In Northwestern N.C.

Left Out Pre-schoolers

Get 'Natural' Education

opportunities under a program operated by the Northwestern Regional Library headquartered in Elkin.

About 200 of these "left out" children have been identified and teachers are being dispatched to their homes each week to demonstrate educational toys and materials. Each visit involves extensive training of parents in how to use the materials and serve as live-in teachers for their children.

"Parents always were their children's first teachers," said one of the program's teachers. "We're just building on that natural pattern."

Home visits by the program's teacher are by no means occasions for solemn study. They're full of fun and frolic, featuring a full-scale story hour designed especially for these "left out" children, as well as songs and games.

As a result, it isn't unusual these days to see a busy mother dancing the Hokey Pokey while she stirs the beans for lunch, or sing the "Anna Belle Song" while peeling potatoes.

"This is the most fun I ever had with my child," said one young mother as she crawled around on the floor with her daughter, "looking for Anna Belle."

Miss Katheleen Gilleland, director of the regional library, said the project fills an important need among pre-schoolers.

"We have an obligation to pre-school children as well as adults,"

she said. "These children have not yet learned to read, so we must furnish them material for learning in other forms."

As part of this effort, the shelves of the 10 participating libraries are beginning to bulge with such things as giant tinker toys, dolls, sorting and counting boxes, matching games and puzzles.

The educational program, which is

concepts which are important to a child's overall development.

Other toys used in the program are wooden beads of various sizes and shapes to be strung together, an activity that teaches children the concept of sequence in following a pattern.

But the favorite is a collection of wooden cars and trucks for imaginative play.

financed in part from federal funds, has caught on so well that even area craftsmen are becoming involved, contributing handmade materials.

Dennis Martin of Jonesville, chairman of the library board for that community, has set up a toymaking workshop in his basement to help fill the need for educational toys. He turns out such delights as a dinosaur puzzle on two-inch-thick wood, which can stand alone once it's assembled.

He understands that such puzzles teach concepts of shape and size —

Yet the project is not just toys. It is also group activity, helping the child grow in personal relationships.

Since the four counties served by the library (Surry, Yadkin, Alleghany and Stokes) are entirely rural and largely mountainous, many of the children in the area have few group activities.

To foster group functions, each of the libraries sends out a van once a week to gather up children for a session at the library, providing for many of them the first exposure to the library for the children as well as



These children are getting ready to learn to read by playing with educational toys from the public library.



Chris Martin, chairman of the
ary board for Jonesville, spends
re hours in his basement
kshop making toys for the
ect.

r parents.
Does the program help the
dren?

research is now under way to
vide an in-depth answer to that
stion, but many of the parents in
area feel they already know the
ver.

I don't need a professor to tell me
kid is learning right along," said
father who had discovered the
of teaching his own son. "Why,
can count the eggs the hens lay
name everything we grow in the
den. And he can separate the
atoes into piles for each size as
as I can."

ut it is the children themselves
are the most enthusiastic. On
days when they're scheduled for
rary visit, they're up bright and
y, watching in excitement for the
that'll take them off for their day
school."

Whatever results may come out of
research being done in the
gram, library officials are
vinced that educational toys for
dren are in the library to stay.
We've already seen enough to
w that this program has been
eficial, both to the children and
parents," said Miss Gilleland.

ne Carroll McRae is public relations
tor for the Northwestern Regional
ary.

WELLS OFFERS SUPPORT FOR RATE REFORM BILL

Legislation to revamp the procedures used by the Federal Power Commission was endorsed recently by Hugh Wells, vice president and general counsel for North Carolina Electric Membership Corporation.

Wells offered his endorsement in a personal appearance before the Subcommittee on Energy and Power of the House Interstate and Foreign Commerce Commission in Washington in early April.

The bill in question would expand the powers of the FPC to ensure electric cooperatives' access to equitably priced wholesale power, facilitate fair access to power transmission capacity and prevent unfair methods of competition in the utility industry.

Wells testified that since North Carolina cooperatives own no generating facilities, they "will continue to be dependent upon the investor-owned industry for their electric power for the foreseeable future." Also, he said, the EMCs will continue to face problems of "access to the bulk power transmission system" of the private power firms.

These problems make it difficult for the EMCs to plan properly for serving future growth in their service areas.

Although the EMCs are currently negotiating to acquire some generating facilities, they have "limited" rights to acquire ownership of facilities being planned or constructed by the private companies.

"Their rights in these areas need to be considerably broadened," Wells said.

All 28 of North Carolina's EMCs have been faced with constantly increasing wholesale rates from their investor-owned suppliers, he continued, adding that in many cases the increases have been "very high indeed."



Hugh Wells

Aggravating the problem is the practice of "pancaking" rate hikes by at least one of the state's power companies. The practice involves filing for increased wholesale rates before the FPC has ruled on the firm's previous proposal for higher rates.

"Under such circumstances," Wells said, "it is impossible for the management of our members systems to predict the course of rate increases being imposed upon them, which means that they have a very difficult time structuring their own operational budgets"

In addition, the EMCs cannot adequately prepare their own consumer-members for the increases which they will be forced to pay as a result of the higher rates imposed on the EMCs by the power companies.

The former North Carolina Utilities Commissioner noted that the cooperative's have "a vital role" in the state's energy future, with current kilowatt our sales topping five million a year and projections for sales of eight million by 1980.

"We must be able to plan for this growth. We cannot adequately do so under the conditions now prevalent in the electric utility industry."

He concluded: "All of these circumstances would indicate that the electric cooperatives in North Carolina and their member-consumers would be greatly benefitted by the provision of Title III of the Electric Utility Rate Reform and Regulatory Improvement Act, and we would urge the Committee's support of the provisions of Title III."

FACT: 95% of all breast cancer

By Margaret Howell

The days of behind-the-closet-door talk about dread diseases are over.

Between the rise of medical science's disclosure techniques and help from some of the nation's more public citizens, the innuendos of permanent fright and almost certain death from such seeming plagues as breast cancer are slowly subsiding into a healthy national interest in early detection and prevention.

There have been no quick answers and there may never be a permanent cure for breast cancer. But the medical world is continuing its fight through constant research and communication with the American public.

One of the most revealing facts that has recently come to light in breast cancer prevention is the importance of self breast examination.

Statistics have shown that 95 per cent of all breast cancers are discovered by women themselves.

Statistics have also revealed many other facts about breast cancer that bear consideration by American women who are learning to look the disease straight in the eye through self-detection.

These breast cancer facts and statistics have been found by medical researchers through experience with the disease. They cannot always be explained; they simply show some of the many different facets of a disease which has increasingly come before the American public:

— Jewish women have two times the chance of contracting breast cancer as do Gentile women. Is religion a factor? Is this because of dietary differences?

— Affluent women have twice the risk of breast cancer than do women in the lower socio-economic group. Why? Is it because of their mode of life, habits or diet?

— Caucasian women are five times more apt to have breast cancer than women of other races.

— Unmarried women who have not participated in sex have two times the risk of breast cancer than do women who do have sexual activity. (This is in inverse ratio to cancer of the cervix, where it is known that unmarried women who have not participated in sex are far less apt to have cervical carcinoma — cancer — than are married women.)

— Women with relatives who have had breast cancer face five times as much risk as does the general population.

— Women with cystic mastitis (benign breast disease) have four times the cancer rate as do normal women. Seven to 10 per cent of women who have breast cancer in one breast eventually develop cancer in the opposite breast.

— Breast cancer has been associated with increased risk of acute leukemia.

— The risk of breast cancer rises with the increase in

the age at which a woman bears her first full-term child. Women who bear a full-term baby before the age of 18 have only one-third the risk of breast cancer as do women whose first delivery is at age 35 years or older.

It has been proven that in order to be protective, pregnancy must occur before age 30. Women who first become pregnant after age 30 have a higher breast cancer risk than women who have never been pregnant.

The protective effect of pregnancy is essentially limited to the first birth, according to doctors. Subsequent births, even at an early maternal age, convey little or no additional protection. The protection conveyed by the first birth is manifested throughout the remainder of lifetime — even among women 74 years old or older.

— For at least 50 years, the hypothesis has existed that lactation (breast feeding) lowers the risk of breast cancer. After an international study, however, it was found that lactation has little, if any, effect on breast cancer risk.

— There is strong evidence that the ovaries are involved in the incidence of breast cancer. The risk of breast cancer is lowered following "surgical menopause" (when ovaries are surgically removed) and the younger a woman is when she has this surgery, the greater the lowered risk.

The protective effect gained by surgery, like that of early pregnancy, extends beyond age 70. This 70 per cent risk reduction in women who had surgery before age 35 indicates that ovarian activity may be a factor in at least two-thirds of breast cancer patients.

Many case controlled studies have also reported an association between the early onset of menstruation and increased cancer risk. Likewise, a late natural menopause seems to increase the risk of cancer.

The breast cancer story does not end with statistics. Improved clinical methods now offer physicians new and better ways of detecting the disease.

Besides the doctor's regular manual breast examination, he can administer follow-up examinations with mammography (a low-radiation X-ray which reveals the inner structure of the breasts) and thermography (a photographic representation of the heat emitted from the breasts — cancerous growths usually emit more heat than is found in the normal, healthy breast). Both procedures are painless and have shown a high degree of accuracy when used as back-up methods for detecting breast cancer.

For those women who find evidence of the disease, there are a variety of treatment combinations available. Most doctors agree, however, that a radical mastectomy — that is, total removal of the breast and all affected chest muscles and armpit glands — presently gives women the best chance for a cure. Other treatments being used to help curb a cancerous growth include chemotherapy (drug treatments during or after the

e found by women themselves

eration) and radiation therapy before or after surgery. Rehabilitation efforts on behalf of these patients have made advances during recent years. Among the most helpful to mastectomy patients has been the American Cancer Society's "Reach to Recovery" program which has helped many women realize that they can return to active, normal life after surgery.

Conducted by volunteers — who have themselves undergone mastectomies — the ACS program works to assure the woman before she leaves the hospital. The volunteers provide her not only with emotional support and needed information, but also with guides to proper exercises and a temporary breast prosthesis to help in return to a normal life.

as Dr. Philip Strax of the Stella and Charles Guttman

Breast Diagnostic Institute in New York City states in his book, *Early Detection - Breast Cancer is Curable*:

"What we do know — and what is important for all women — is that if the cancer is detected in its early clinical stages, which means when it is truly localized to the breast and has not spread even to the local nodes, it is curable in a very high percentage of patients. The woman may then live out her life as though she had never contracted the disease. In other words, breast cancer is a curable disease — not a fatal one — if it is detected when it is early and minimal."

Universally, doctors agree: A monthly self breast examination is the first step in the early detection of breast cancer and the last word in preventing the many needlessly lost lives it inflicts.

How to examine your breasts

1

In the shower:

Examine your breasts during bath or shower; hands glide easier over wet skin. Fingers flat, move gently over every part of each breast. Use right hand to examine left breast, left hand for right breast. Check for any lump, hard knot or thickening.

2

Before a mirror:

Inspect your breasts with arms at your sides. Next, raise your arms high overhead. Look for any changes in contour of each breast, a swelling, dimpling of skin or changes in the nipple.

Then, rest palms on hips and press down firmly to flex your chest muscles. Left and right breast will not exactly match—few women's breasts do.

Regular inspection shows what is normal for you and will give you confidence in your examination.

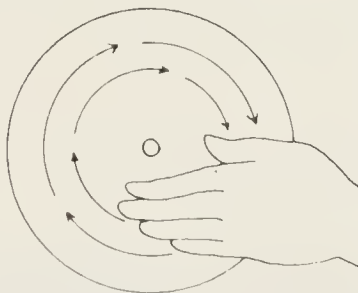
3

Lying down:



To examine your right breast, put a pillow or folded towel under your right shoulder. Place right hand behind your head—this distributes breast tissue more evenly on the chest. With left hand, fingers flat, press gently in small circular motions around an imaginary clock face.

Begin at outermost top of your right breast for 12 o'clock, then move to 1 o'clock, and so on around the circle back to 12. A ridge of firm tissue in the lower curve of each breast is normal. Then move in an inch, toward the nipple, keep circling to examine every part of your breast, including nipple. This requires at least three more circles. Now slowly repeat procedure on your left breast with a pillow under your left shoulder and left hand behind head. Notice how your breast structure feels.



Finally, squeeze the nipple of each breast gently between thumb and index finger. Any discharge, clear or bloody, should be reported to your doctor immediately.

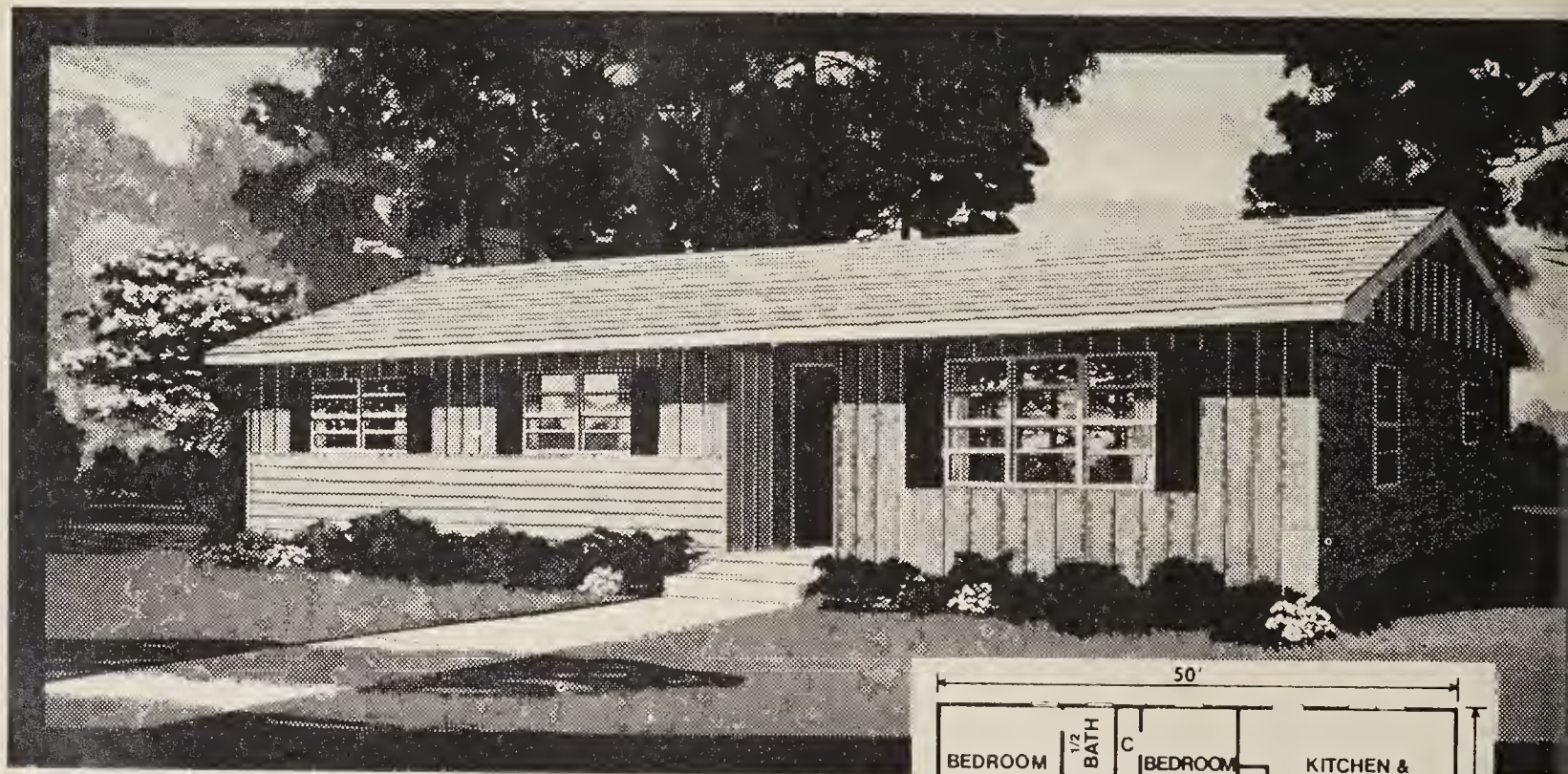


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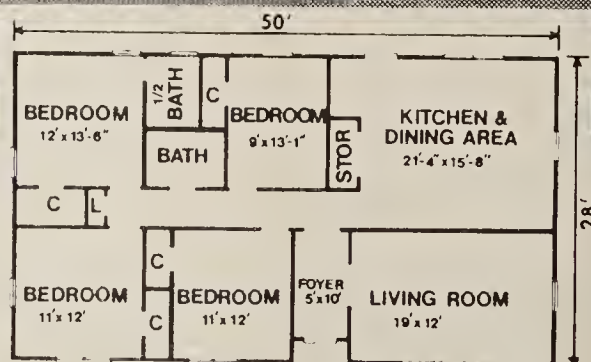
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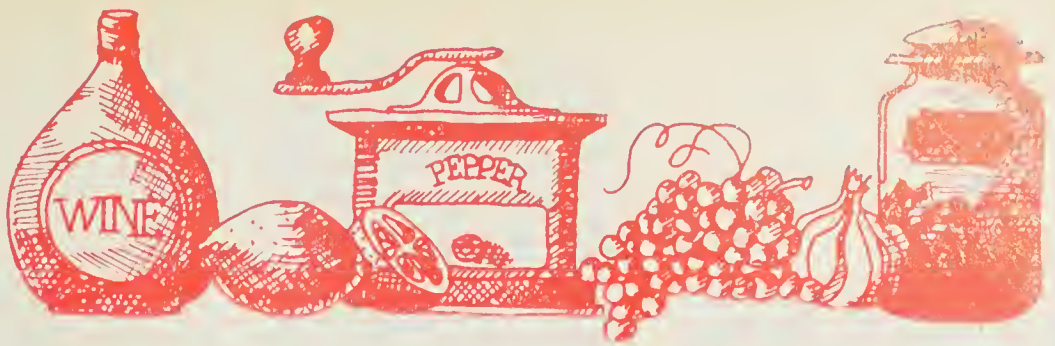
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Country Kitchen



JOSEPH'S COAT SALAD

Ms. Curley, a Floridian, received a copy of *Carolina Country* from a North Carolina friend. A "Country Kitchen" column fan, she sent us this wonderful sweet and sour vegetable salad which will well-accent almost any meal. You might add that the sauce used for "Joseph's Coat Salad" really "lives" the dish . . . and you might be experimenting with it on pork, or wish you might wish to "liven up."

If you would like to share a recipe with this column, send it to Country Kitchen, P.O. Box 6, Raleigh, N.C. 27611. We pay \$5 for published recipes.

COUNTRY KITCHEN RECIPE

Submitted by Leona Curley of Pinellas Park, Fla.

JOSEPH'S COAT SALAD

- | | |
|--------------------------------|--|
| 1/3 cup vinegar | 2 16-oz. pkgs. frozen mixed vegetables |
| 1/2 cup water | 1/2 cup diced onion |
| 3/4 cup sugar | 1/2 cup diced celery |
| 2 Tablespoons flour | 1/2 cup diced green pepper |
| 2 Tablespoons prepared mustard | 1/2 jar pimientos |

In measuring cup, mix the vinegar and water. Mix the sugar, flour and prepared mustard thoroughly and cook with the vinegar and water mixture until thick, then beat with a wire whisk. Cook vegetables according to package directions. Drain well. Pour hot sauce over vegetables and combine. Add remaining ingredients and combine well. Let stand 24 hours in refrigerator before serving.

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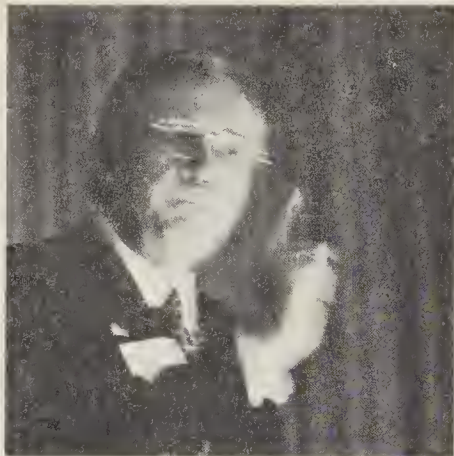
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Sen. Wendell H. Ford



Quite A Meeting!

The North Carolina Electric Membership Corporation Annual Meeting for 1976—quite a mouthful and quite a meeting.

More than 350 rural electric leaders from across the state met March 9 and 10 in Raleigh to discuss mutual problems and search for answers, to recognize those who have served rural electrification long and well, and to hear speakers from across the nation talk about what can and should be done to strengthen the program and the nation.

[see related story on page 20]

Sen. Wendell H. Ford (D-Ky.) told a General Assembly Banquet audience of more than 600 persons that the greatest threat the country faces is mistrust of government and the resultant apathy of the public.

To restore confidence, Ford said, the government must insure that the rich and multi-national corporations

pay their fair share of taxes, find solutions to unemployment, inflation and energy, and see to it that farmers receive their fair share of income.

"We must recognize that government cannot and should not be expected to do everything," Ford said. "We have placed too much emphasis on programs with short term benefits rather than long term value. We must place greater priority on programs that have a long range value to our economy and to a better life—not just for you and I, but for all Americans."

We've built up expectations that government should be all things to all people. We are promised everything. Try to think of something that hasn't been promised," he said.

The senator from Kentucky blasted government bureaucrats, saying they are not accountable to the people, and the result is "stagnation, with important decisions made without any concern or accountability to the public."

N.C. EMC Executive Vice-President Robert N. Cleveland told the crowd that power supply is the "biggest problem that we're going to face in the next few years."

North Carolina EMCs, which own essentially no generation capacity, are now negotiating with Duke Power for partial ownership of a nuclear generating facility.

Other speakers at the meeting were Dr. Thomas S. Haggai, a Baptist minister; R.D. Bennett, Executive Vice President of the S.C. Electric Cooperative Assn.; Joseph S. Zoller, Rural Electrification Administration director for the Northeast area; Rebecca L. Bogard, legislative representative for the National Rural Electric Cooperative Assn.; and State Senator Mary Horne Odom from Scotland County.





photos & text
by Spencer Carter



Women's Activities

Approximately 75 representatives of EMC Women's Committees from across the state elected new officers at their annual business session during the N.C. EMC Annual Meeting in Raleigh.

The group, the largest ever in attendance at the meeting, also voted to hold a fall workshop this year.

Joy McCall of Ellerbe was elected chairman for the 1976 term of office and Lucille Dilda of Fountain will serve as the statewide vice chairman. Mrs. McCall served as the committee's 1975 vice chairman. She replaces Alice Wilson as chairman.

Two representatives to the National Rural Electric Women's Task Force were also elected. They are Rose Prevatte of Pembroke and Frankie Nichols of Mt. Airy. Both will begin their terms of office Nov. 1. Former Task Force representatives were Maxine Jordan of Clarkton and Helen Fleming of Scotland Neck.



Managers, Directors Honored

Four EMC managers and 37 EMC directors were honored at the N.C. EMC Annual Meeting, March 9-10, for their years of service to the rural electric program in North Carolina. Each was awarded a certificate of meritorious service in a special ceremony.

Three of the managers were recognized for 35 years of service. They were: Cecil Viverette of Blue Ridge EMC, Heyward McKinney of Pee Dee; and Vernon E. Taylor of Roanoke EMC. Robert G. Hubbard of Brunswick was cited for 25 years of service.

The directors, listed by EMCs, were:

Brunswick — J. B. Ward Jr., 20 years; Carteret-Craven — David M. Chadwick, 15 years, Roger W. Jones, 25 years; Central—J. Marvin Blakeley, 25 years, and J. P. Dalrymple and John B. Jones, both with 35 years; Crescent — Shirley Johnson, 20 years, and J. S. Dobson, R. L. Seaford and W. B. Renegar, all with 35 years.

Davidson — S. B. Tysinger, 20 years; Edgecombe-Martin — W. Kitchen Benson, 15 years, R. L. Eason and M. V. Scott, both with 30 years, and W. J. Eason, 35 years; Haywood — Jack London, 15 years, Jack Harris 25 years, Roy B. Medford, 35 years; Halifax — A. C. Cox Jr., 25 years, Walter S. Smiley, 35 years; Piedmont — H. B. Bailey, 25 years; Randolph — T. Harold Terry, 20 years, Dolan G. Surratt, 15 years.

Roanoke — E. W. Evans, 35 years, A. S. White, 25 years; Rutherford — Fred D. Mintz, Sr., 30 years; South River — E. E. Fisher, 20 years, Kesler C. Butler, 35 years; Surry-Yadkin — Ralph W. Beane, 25 years, Julius Eugene Shore, 30 years; Tri-County — Howard A. Hardy, Raymond A. Mitchell and Weils Thomas, all with 20 years; Union—Bruce Thompson, 20 years; Wake — James Presley Bailey and Edwin Hunt, both with 35 years, Harvey Pou Price, 15 years.

N.C. EMC Officers Elected

Gordon S. Becton of Rt. 1, Newport, a director of Carteret - Craven Electric Membership Corporation, has been elected president of North Carolina EMC for the coming year.



Gordon Becton

Becton, who operates a general store in the community of Harlowe, has been a member of the Carteret-Craven board for almost seven years and is currently secretary of that board. He has been a member of the N.C. EMC board since 1971, and served as vice president of the board during the past year.

He succeeds Hugh Crigler Lexington, manager of Davids EMC, in the statewide office.

Becton and other N.C. EMC officers were elected at the 19th Annual Meeting of the statewide organization in Raleigh, March 9-10.

Also elected were Marvin Marshall of Dunn, manager of South River EMC, vice president; and Doug Leary of Rt. 1, Wake Forest, manager of Wake EMC, secretary and treasurer. The officers were also elected to head N.C. EMC's sister corporation, Tar Heel Electric Membership Association, which encompasses a statewide material supply program through which member EMCs purchase materials on a joint basis.

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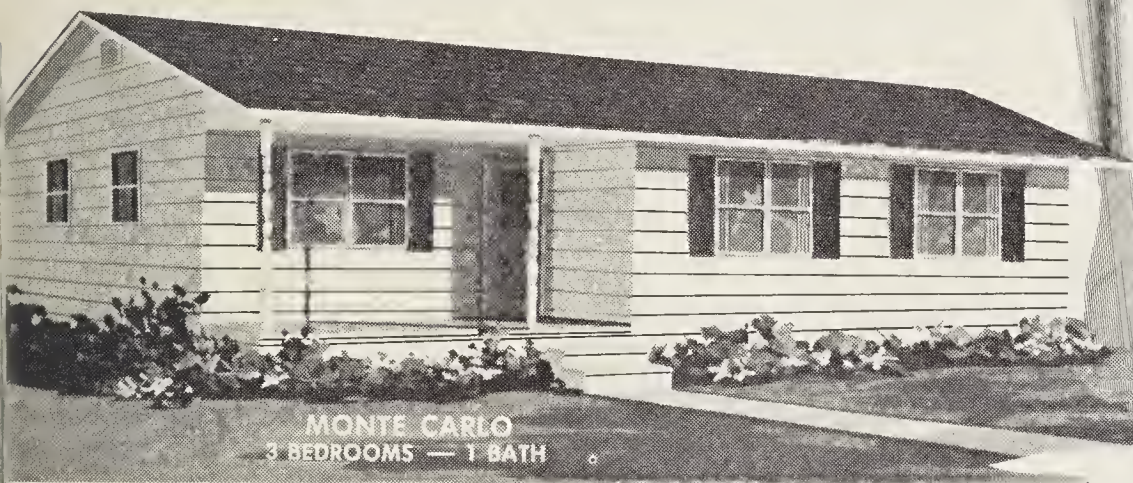
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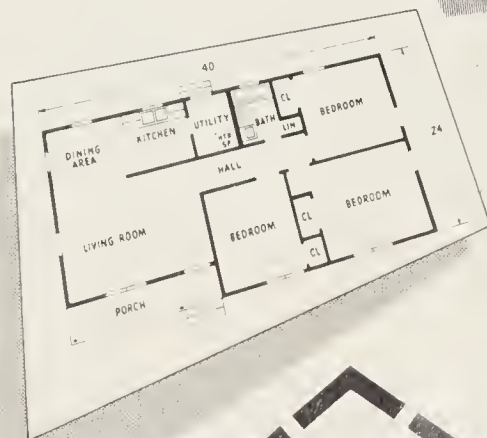
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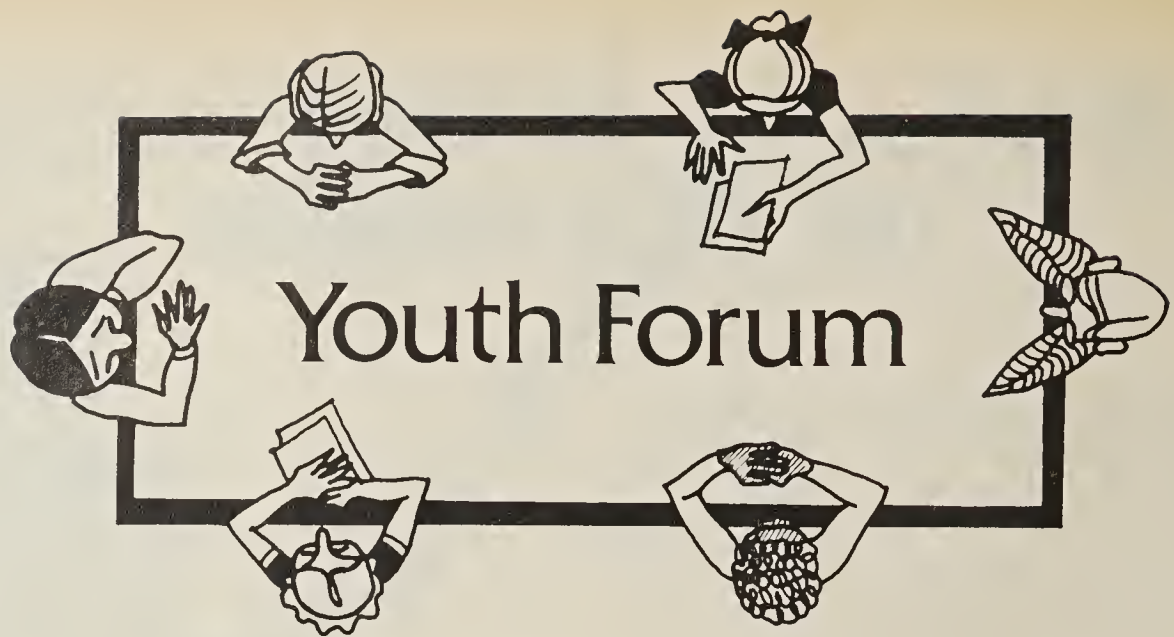
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What are some things youth can do for the U.S. in our Bicentennial year of 1976?

"One of the biggest things youth can do for the U.S. in our Bicentennial year is to try to make this country better looking. They can do this by cleaning up and planting trees. This would not only help to make this country more beautiful, but will also provide enjoyment for the children of today's youth. It would also give the person a sense of belonging by being able to make a contribution to a portion of the country which really needs it."

Willie Crawford
Fairmont

A junior at Fairmont High School, Willie enjoys writing, reading and playing basketball. His grandmother, Mary Jones, is served by Lumbee River EMC.

"One of the main things youth can do for the U.S. during our Bicentennial year is to encourage allegiance to our country. There are so many people in this country who are continually criticizing our government and never looking at the good points of our country. We should learn to appreciate the type of government we have, and be thankful that we have the freedoms we do."

Sharon Swain
Warsaw

Sharon is a junior at James Kenan High School. Her hobbies include tennis, basketball, cooking, and sewing. She is a member of her school's National Honor Society, Pep Club, Math Club, tennis team and yearbook staff as well as an active 4-Her. Sharon and her parents, Mr. and Mrs. Robert W. Swain, are served by South River EMC.

"Youth have many opportunities to celebrate our

country's Bicentennial year. I think that youth should speak out and get involved in the activities of our government. Many of the youth who are not old enough to vote can very possibly bring new ideas to our parents' attention, if we are informed and aware of what is going on in our political democracy. Many youth groups are involved in helping to fight pollution and the energy crisis. We can also help to encourage other people to be proud of their country. Youth should become aware of the history of our country's history. Our country is a great one and we should all be proud to have a chance to be part of the Bicentennial celebration. Happy Birthday, America!

Jo Ann Garner
Mt. Olive

Jo Ann is a sophomore at East Duplin High School. Her pastimes include reading, writing poetry and short stories, bowling, roller skating, music, animals and "just being close to nature." She and her parents, Mr. and Mrs. S.C. Garner, are served by Tri-County EMC.

NEXT QUESTION: "What can we do about vandalism in schools today?"

If you have a good answer, send it to YOUTH FORUM, Carolina Country, P.O. Box 2736, Raleigh, N.C. 27611 immediately. Tell us a few facts about yourself — your age, school, hobbies, etc. Include your parents' names and the name of the electric membership corporation serving you. If your answer is published, we will send you \$5. If you want to submit a question, send it along and for each one used, the sender will receive a \$5 check.



Poet's Corner

Mother Struggle

The harder I try
the rougher the scrimmage
to live up to
this Mother Image

Mothers are sweet
gentle and kind
would be too
if these kids would mind.

Mothers are anxious
to lend an ear
but it's so noisy
I can't hear

Mothers are cheerful
pretty and bright
but look at me
I'm always a fright

Mothers are patient
calm and true
I had more time
I would be too

Mothers are brave
soft spoken and fair
in trying hard
to show I care

But, the harder I try
the rougher the scrimmage
to live up to
this Mother Image!

Nina A. Wicker
Sanford



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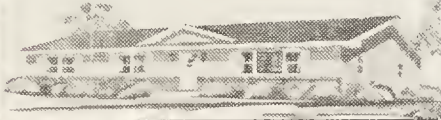
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